

PRACTICAL SUGGESTIONS



[THE items which appeared under this heading in the October JOURNAL might aptly have been entitled Unpractical Jumble.

It is customary to send to the publishing office each month with the JOURNAL copy, a number of short items to be used for filling spaces in the pages which occur between articles and which would otherwise be blank. These "fillers" were mixed with the Practical Suggestions by the printer and the amateur assistant editor, who was managing alone during the editor's absence on a much needed vacation, did not discover the error until it was too late to remedy it. It may be that the JOURNAL readers found entertainment in selecting from the medley the items which were intended as suggestions.]

I SAW in Practical Points some nurse recommending Bon Ami for polishing instruments. It is far ahead of most scouring soaps for taking stains off the hands and will be hailed with delight by all operating room nurses.

I. McI.

IN cleaning false teeth, put a folded towel or other clean soft cloth in the basin to protect from breaking in case they slip from the hands.

J. B.

IF nurses would send any little points they have learned which will help sleepless ones to sleep, either overtired nurses or nervous patients—nurses must never be nervous—it would be nice. My own are very poverty stricken but here they are. Sponge the spine with *very* hot water for ten or fifteen minutes or use two towels wringing them from the hot water alternately and applying to whole length of spine. A drink of hot milk containing salt and pepper, red pepper if feasible, either at bed time or when the patient wakens. For nurses it is sometimes helpful to have the head of the bed at the open window with the shade well up so the sky is visible—that's my personal one and even if I don't sleep it is very restful.

There is no one thing which all nurses have to deal with so constantly as sleeplessness either with patients or themselves. A hot water bag to hug helps some people with a goneness in the pit of the stomach and for those with aching heads either a water or ice bag containing very cold water may be placed at the back of the neck.

[An article on Sleep by Dr. Bridge, of Los Angeles, will shortly appear in the JOURNAL.—Ed.]

IN regard to the use of old newspapers, we have found them of great value in dressing surgical cases in the private rooms of our hospital by taking four thicknesses to hold the soiled dressings instead of a basin, also to line wire scrap baskets into which soiled linen is thrown. Still another of their uses is for large delivery pads of twenty thicknesses, covered with muslin and sterilized.

S. W.

IN answer to the question about an inexpensive elevator,—I have seen one,—the simplest arrangement—which cost about one hundred and seventy-five dollars, I think. It is weighted to suit the weight of the person who is to use it and is pulled up by a rope something like a dumb-waiter. I believe they are made to suit the space one has to give up to it, this one was 2 ft. 11 in. x 2 ft. 3 in. and the elevator space was 3 ft. 4 in. x 2 ft. 6 in.

M. D. B.

SOME one inquired in the September JOURNAL for something for use in burning waste dressings, etc. I know of an incinerator which is intended for burning the waste matter from a toilet room, instead of using an earth closet, in country places. I should think this would do equally well for dressings. I can give the address of the manufacturer to any one wishing it.

M. D. B.

MORE uses of old stocking legs have been suggested by the comment in the October JOURNAL. They can be used for polishing shoes, for cleaning a stove, as a substitute for rags in wiping the wicks of an oil stove; they can be basted together for stove holders or iron holders, and are excellent for use about machinery or a bicycle.

HOME-MADE GRAPE JUICE.

To each quart of Concord grapes—which should be stemmed and washed, of course—add one quart of water. Simmer two hours, and strain through any suitable cloth.

To every quart of strained juice add one cup of sugar. Boil five minutes, bottle, and seal.

K. F. D.

A device for a bed bath is to have a frame made the width and length of a single bed. Place the patient on a rubber sheet longer than the bed, with a rubber ring under the hips and another under the head.

Elevate the head of the bed slightly and place the frame on the bed. Attach the rubber sheet to hooks along the sides and ends of the frame and fill the space with water. The patient may be kept in a continuous bath for one or two hours, regulating the temperature etc. according to necessity. At the close of the bath let down the rubber at the foot of the frame to drain off the water, then unhook the sheet and take off the frame, when the patient may be cared for as after a sponge bath.

L. M. B.

